



IN THE CITY:

Friendly faces make the RCMP Heritage Centre a welcoming place **P. 5**

FASHION:

Designer Sara Armstrong discusses music, style and leaving Regina **P. 12**

CITY FACES:

Local witch Donna Kruger debunks stereotypes about paganism **P. 16**

A large photograph of Jacqueline Tisher, a woman with dark hair, smiling and wearing a black top with a colorful floral pattern. She is standing in what appears to be a room with toys or equipment in the background.

WITH HOPE THERE'S HELP

HOW JACQUELINE TISHER TURNED
HER PERSONAL LOSS INTO A GAIN
FOR KIDS WITH SPECIAL NEEDS **P. 7**

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ON THE COVER P. 7



Jacqueline Taylor, the founder of Hopes & Dreams in Regina, gets help in DON HEALY

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MY FAVOURITE PLACE P. 5



Matthew's favourite place is the RCMP Heritage Centre on Dewdney Avenue. The staff there are welcoming and accepting whenever he visits. get health in TONY RUSSO

QC COVER PHOTO BY DON HEALY

QC is published by the Leader Post — a division of Postmedia Network Inc. — at 1944 Park St. Regina, Sask. S4N 3G4.

Marty Wyne is publisher. Rob McLaughlin is deputy publisher/online chief.

For advertising inquiries contact 386-6222; editorial 1-855-688-6557; home delivery 386-6202. Hours of operation are Monday to Friday 8:30 a.m. to 4:30 p.m.

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IN THE CITY

WEDNESDAY, MAY 15 — 10:44 A.M.

Trimming the tree



Chene Van Vleet, a horticulturist with Wisconsin Center for Horticulture, trims a peace lily plant at the University of Virginia. GC PHOTO BY BOB D'AMICO

YOUR FAVOURITE PLACE

QC wants to hear about your favourite place in Regina. Email qc@leaderpost.com

MY FAVOURITE PLACE

RCMP Heritage Centre a friendly place to visit

By Andrew Matto

The RCMP Heritage Centre in Regina is a must-see destination for all residents of the Queen City and its visitors. However, the Dewdney Avenue museum is a favourite place for Matthew, a 30-year-old man with intellectual disabilities, for reasons that have nothing to do with the collection of Canada's national police service. For Matthew, it's all about the friendly faces of museum staff and the colorful exhibits that are important to Matthew and his foster parents Chris and Shannon Campbell Gaskin. The following are Chris's answers to our questions.

Q How did you learn about Matthew's interest in the centre?

A Ever since Matty has been with us, we have worked hard at getting him out and about. And we have thought a lot about the places that have the sorts of things that Matty might need. In the last year, the museum became one of those places. It was a place he was naturally attracted to.

Q What about the centre did you think might interest him?

A Matty has always been into any thing marching related. He is into regalia and things that involve groups like marching troupes and the band of drums. Mostly, his interaction with those sorts of things are on TV or on video. We have always noted that he was always captivated by uniforms, so that was the original impetus. We figured the museum would be a place where we'd get an awful lot of that.

Q How did your early years go?

A At first, he was apprehensive because he sometimes gets scared away by the things he knew. He's fascinated by colorful things (and trumpets). But once he gets up close to something like that, he can be afraid of it. It took a few visits to get him warmed up (and) to get him to start trying it.



(Photo by) Shannon Matthew and Chris Campbell Gaskin at the RCMP Heritage Centre. qc photo by Ryan J. Luck

Q Why else does he like it?

A When you make a connection with a place, you have to build up a routine. So we started to include visits to the museum as part of his routine. Routine is important to a guy like Matty.

Q How are you treated by museum staff?

A That is a key component for this because we need a place where he is accepted. A big part of our success with the museum is because of the staff. Not all places are as adaptable to guys like him.

Q How do they help?

A The RCMP members (staff) are really nice to the museum. The more visits we made, the more fun it became. They became familiar with the person he was and became equipped to handle his visits. He can be quite odd. He has good days and bad days. But overall they have done an incredible job at being open and flexible about accommodating his visit. They are really good at meeting over and helping him.

Q It sounds like an important part of Matthew's life. And yours.

A We've developed these wonderful relationships with the people who work there. So we have found that

our visits to the museum, and other places we take him to become quite exciting. It's not to say we become almost an extended family to the place.

Q How are your visits like?

A Sometimes we get there and there is just one thing he wants to see. Other times, he wants to have a walk around. But sometimes, there is something that is different, like if there is an event that is so or a staff member who he expects to see isn't there.

Q How often do you go?

A There is no real schedule. We can tell, as we're driving when he doesn't want to go. However, other times, we

go every day. It usually depends on how he's feeling. He's pretty good at communicating to us what he wants and what he doesn't want.

Q Are fellow visitors accepting of Matthew?

A For the most part, people are quite open to him. We find that the more we take him places, the more accepting it becomes.

Q Have you ever had a good look at the centre power?

A I have seen it about 1,000 times. It is one of those places that I would definitely go back. It has a look myself and spend some time.

NEXT WEEK: Do you/will you allow your kids to use social media?
Email QC@leaderpost.com

PARENT TO PARENT

Each week QC gathers advice from parents to share with other moms and dads. This week we asked:

Did you take a "babymoon" before giving birth to your first child?



"Took a trip for 10 days to the Bahamas right before we adopted our son. I wish I would have relaxed a little bit more but all I could think about was how much stuff I needed to do and what I had to prepare before the arrival of our baby. Thinking back I'm so glad I took some quiet time before bringing home/holding a newborn. Now I would give anything to go back! I think it's a wonderful idea if you are compared at home first so you can really relax." — Jade Casselman

"Sort of... we took a 3-4 day car camping trip with friends. Now, college life has been and snowed out before we started trying for our first. When pregnant with our second we took a trip to Cuba to have our last (or next) glass of the three of us." — Julie Desrosiers

"We planned and went on a trip to Mexico before starting our family. It was nice to get away and have some time before we started trying to conceive. I really would have appreciated what it was like to be far from the pack and relax!" — Jennifer Norton

"We did not take a babymoon and the thought never really crossed my mind because at the time we had never had a vacation after the first year."

— Nikki Walsh

"Nah! Not I was 16 and going to school. No time for the young and foolish!" — Gaila Dendres

"Babymoon? Vacations for us? I waited until the last minute both times. In retrospect, a new holiday would have been great!" — Teri Lemak

"No I didn't but if I would've known how my life would change after that day I totally would have!" — Christy Miller

"Does a weekend with just the two of us count to Edmonton on our BSA run before our second child came?" It felt quite luxurious. — Noelle Charney

"Ugh I dislike all these potential questions!" — no Twitter (@daym)

"Have heard of this, but only because of wedding forums that cater to people trying to conceive." — Whitney Leigh-Sweeney

"No (We) just took one in February before the second (baby) took." — Tiffany Rasmussen

"I haven't heard of it." — Linda Agnew

"I've just heard of pushing to now too!" — no Twitter (@SassycornCrew)

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ON THE COVER

It's been bizarre but miraculous.

— Jacqueline Tisher

JACQUELINE TISHER

Turning personal grief into community gains



Association for helping children with high-medical needs is what prompted Jacqueline Tisher to found Hope's Home in Regina. **QC PHOTO BY BOB HEALD**

By Andrew Matte

This 46-year-old mother was somehow felled by her own suffering.

She didn't know it at the time, but Jacqueline Tisher ended up a pilot in 2006 that led to dramatic improvements to the lives of children and families as well as government legislation.

Motivated by the loss of a child's life, this American citizen got the ball rolling in Regina after being frustrated with the provincial government and discovering the absence of day care services for children with unique medical

needs.

She's the trailblazing leader of Hope's Home, a growing non-profit agency that provides daycare spaces for children with challenging medical needs.

"We've been able to make it happen," says Tisher, whose Secretary of State office is decorated with pictures of smiling children.

It's been bizarre but miraculous.

Born in small town Minnesota, Jacqueline Kelly came to Regina in 2001 for Bible school before becoming a nurse, marrying and starting her own family.

Determined to care for her daughter, Aecae,

who was born in 1985 with spina bifida and hydrocephalus, she and her husband discovered the province didn't do enough to help parents of children who need 24-hour help with unique life-sustaining ventilator.

What started as a small daycare in the Tishers' basement, which spread out, in caring for children with high needs, snowballed into Hope's Home, which opened its College Avenue facility in a former home for men in 2007.

There is also a clear connection between Tisher's ability to bring more benefits to the community while transcending over personal tragedy. Though Aecae died in 2011 at age 16,

Tisher's daughter Angelina and son Thomas died in premature infancy. And as a foster parent and nurse, she's cared for many children in hospital and in her home whose lives ended after only a few years.

"Aecae gave birth to my passion for children with diverse needs," says Tisher, a mom to two healthy children and foster mom to a boy, 16.

And then, there's Hope, a baby girl Tisher planned to foster, and whose death in hospital at just 10 months prompted her to accelerate her campaign for children that continues today.

Continued on Page 8

When you are in a room with Jacqueline, you can feel the power of her spirit. —Meagan Sysomsun

Toddler, the hell keeps rising. The first such place in Canada, Hope's Home is a symbol of success in unleashing bureaucracy to deliver cost-effective childcare services mental in medicine and education. The centre also welcomes "healthy" children from the community as well as siblings of those with high needs.

And more services are planned, including 16-hour respite care, more programs for school-aged children and a solution to the grim policy of sending medically fragile children to nursing homes when hospital beds are full and families are short or incapable of caring for them.

Demand for high-service daycare spots grows. There are more children surviving conditions that were fatal years ago, there is an increased willingness among parents to provide hospital-like care to their children at home and there is high-tech equipment that brings comfort to a paraplegic toddler or child who is fed from a tube.

Tucker's rolling ball of success likely won't stop soon. A growing interest in the Tishler template from across Saskatchewan and beyond means more centres are inevitable. Expansion is already underway — Hope's Home now operates 16 daycare spots from two leased classrooms in south Regina. Prince Albert welcomed a six-spot facility in March, the first Hope's Home outside of Regina.

Next up is Saskatoon — at least that's Meagan Sysomsun's dream. She sits on a committee to copy and paste a Hope's Home in the City of Regina where parents have few options outside of sending the incontinent to stay home with their kids.

Sysomsun, who has a long list of names of parents eager to find a daycare spot for their high needs child, understands why Tishler is so successful.

"When you are in a room with Jacqueline, you can feel the power of her spirit," says Sysomsun. "What she has done is something she has overcome so much in her own life — not taking what she's done in Regina and doing the same thing in Saskatoon would be so beneficial to so many families."

There is a sad irony that there is little known about the hell where some lives on through Hope's Home.

Tucker occasionally visits a spot in rural southern Saskatchewan where Hope is buried.

Hope's mom had cognitive delays and was in her life when she gave birth. The father's identity is not known.

Tucker remembers meeting Hope's mother. "When her family came to the hospital for the funeral, they dropped Hope's mom off and didn't come in — she was in her 30s, but she was at the perfect point of a woman, not too young, not too old, but you didn't realize it until you started talking to her."

Hope wasn't different from most. Sister looks born to parents unable or unwilling to care for them. While many foster families return to their families, are ad opted or enjoy as upbringing with their foster parents,



Kingston: Sophia Gaudin enjoys an activity with Hope's Home's Steve van Wyk. **PHOTO BY JACQUELINE**

Hope didn't have the same prospects. Born with spine his kids, Hope had a tracheostomy was tube fed and a ventilator helped her breathe at night. When it was clear Hope would likely only know a life in a hospital because there were no volunteers seeking to take Hope home to receive hospital-like care, a social worker who knew a nurse with a soft heart asked Tishler if she'd be willing to take her home. Tishler agreed before realizing that keeping her job as a nurse was impossible because Hope would need round the clock care.

"I told the hospital that if we were going to take her home, we'd need nighttime support," says Tishler. "They said, 'We don't do that. If you take her, that's your job.' And I said, 'no.'"

Tishler was able to negotiate morning support and child care that would allow her to continue working two days a week while caring for Hope. The process was not a "ha moment" for Tishler, who learned that many parents are unable to keep working while caring for their kids.

"That is the expectation here in Saskatchewan. If you are parents to a child with complex medical needs, one of the parents really needs to stay home. That is just the way it is."



Kelsey Mott participates in a music activity at Hope's Home. **PHOTO BY JACQUELINE**

I want the organization to succeed because it fills such an important need in the community. — Thom Tisher



Jacqueline Tisher has received calls from Manitoba and Alberta people seeking advice on providing services like those at Hope's House. **QC PHOTO BY JOHN HEALY**

♦ ♦ ♦ ♦

There is a risk in asking a woman about her ex-husband, but Tisher is eager to tug the pieces of Thom Tisher, whom she divorced a few years ago.

"He's a brilliant man," she says. "We raise our children together."

But Tisher concedes her nearly 20-year-long marriage didn't match the success she's had in her career. She describes their separation as amicable and their relationship after their divorce as happy. Victoria, 35 and Thom, 36, spend time in both homes.

Tisher considers the challenges and tragedies involving children contributed to the marriage breakdown. "We woke up one morning and we finally decided that we can't cohabit," she says of Thom, who was Hope's House's first president.

She coven marriages that can withstand the sort of adversity her dad's?

"Some couples are able to stick it out through the difficult times. And I wish we could have," she says, adding, "It would be difficult to be married to me."

But Tisher sometimes ask myself "what happens?"

Though Thom Tisher isn't involved in Hope's House today, he's played a role in its three after helping launch a small, at-home daycare with his former wife.

"I want the organization to succeed because it fills such an important need in the community," he says.

The success of Hope's House can be attributed to the Tishers' work in the early days, but also because of the willingness of government departments to understand their unique plan for a daycare for kids with specialized needs. He remembers organizing funding for at-home supplies and learning those separate

government departments were needed, one for an IV pole, another for a pump and a third to pay for the bag that holds medication.

"The government really didn't know about this demand because there were no statistics, but we had the statistics," he says. "I remember sitting across the table from an emotional health minister and read his policies were destroying families."

Thankfully, according to Thom, officials saw the need for the services the Tishers daycare was providing.

Continued on Page 11

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I'm just an honest, open person. I don't know another way to be — Jacqueline Tisher

Continued from Page 9

"I think it says something about the culture in Saskatchewan and the generosity that exists in this province."

And while her relationship today with her ex-wife exists primarily because of their children, he considers troubles with their marriage eventually intertwined with their work at Hope's Home.

"When you're fighting in the bedroom, it's not a good thing. It was better that I was no longer involved."

Melanie Robinson was the first to take a shot at Hope's Home when Jacqueline Tisher spent her modest daycare in her bungalow.

Tisher was a nurse assigned to the neonatal unit at the General Hospital in 2001 when Robinson was a new mother to a son with challenging medical needs. Robinson quickly understood the reason for Tisher's daycare plans and later served as board president of Hope's Home.

Robinson believes the success of Hope's Home can be attributed to Tisher's tenacity and genuine desire to help.

"When you are in the hospital, you meet a lot of nurses and a lot of amazing people. But Jacqueline knew what we were going through."

It helps that she's not exactly known for heated disputes with government officials, she says.

"Her common sense overrides... If you spend any time with her you realize that she just has this winning personality."

Tisher's profile in Regina continues to grow beyond the families and children who know Hope's Home as clients. Awarded for her entrepreneurial and leadership at this spring's Women of Distinction Awards, and a savvy fundraiser, Regina's Nurse Jackie is a virtual self-made brand known for high end care for children based and humanitarian in nature.

In the case of Hope's Home, the word daycare isn't accurate, she says, because staff at the facilities includes nurses, early childhood educators and even a full time cook. And when you look at the economics of caring for a child in hospital compared to supporting the same child at home, the savings are dramatic.

She draws a salary of \$50,000 from an agency she helped create, frequently uses the word "loan" when chit-chatting with staff, and sought entry advice in daycare operation from the Saskatchewan Finance



Hope's Home founder Jacqueline Tisher and Tish's daughter Annie are pictured in 2011 at the age of 10.

for Donations.

"I'm just an honest, open person. I don't know another way to be," she says.

When she isn't working, she's caring for her kids and spending time with her foster child. She considers drinking too much wine and coffee — she also admits having a gym membership she never uses — but finds solace in the United States. She travels to North Dakota every few months for a four-day visit with her family, using her cellphone and lets her mother duke it out with grandchildren.

"I go there and even helps takes care of things," says Tisher, who recently moved to Harbour Landing.

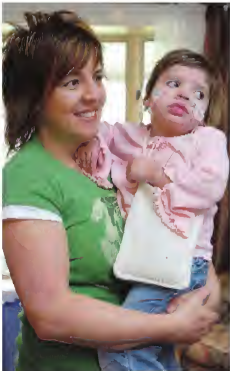
Her personal goals include continuing with the paperwork to become a Canadian citizen.

At Hope's Home she wants expansion to continue. While fundraising remains an important component of the nearly \$5 million annual budget, there is more needed. She wants to build a 30 spot daycare in Regina that can accommodate 24-hour care for children whose parents need occasional respite care.

And because Regina isn't the only place where demand for daycare spans far more daily fragile children has risen, Tisher isn't sure exactly how big Hope's Home can get.

"Why isn't there a Hope's Home in every city in every province?" a reporter asks.

Experienced in donating big, she answers, "Wouldn't that be nice?"



Jacqueline Tisher is pictured here in 2012 at Hope's Home with her daughter, Annie.

FASHION

Are you graduating Grade 12 in style? We want to hear from you. Email qp@leaderpost.com

SASKATCHEWAN FASHION

Sara Armstrong: Sask. transplant inspired by music

By Ashley Martin

In Grade 2, 1-year-old Sara Armstrong sewed a crop top for her daughter. Pined with buzzy years, Sara Armstrong emulated Cibo from TLC.

A year later, the girl adopted a pump-y Kurt Cobain look with a hint of goth. Her mom had to lock the Halliwell wardrobe for teenagers because Armstrong refused to wear color.

"I just wore the same black Club Monaco sweater and a plaid skirt and army boots," says Armstrong.

Music has always been a driving force behind her sense of style. Today, the designer plans her collections accordingly. In her recent showcase at Saskatchewan Fashion Week, she had a hip-hop sound with a concert feel.

"It always starts with what it sounds like and comes in a mood around that."

Armstrong flows in for the weekend from Vancouver where she now lives. After completing a bachelor of fine arts degree at the University of Regina, Armstrong wanted to study fashion.

"If there had been a school in Saskatchewan or an opportunity to stay here and learn everything, that would be the best at something that I would have done that."

There wasn't. She moved from her hometown to study design at the Blanche Macdonald Centre in 2010. Because she had contacts there, Armstrong spent the day on the sand coast.

"I don't think that I am very lucky. It's definitely something when great events like (SFW) are happening, it's always great to come home and participate and share what I've learned and learn from others and be inspired."

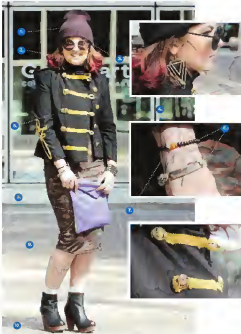
Armstrong is a design prodigy, her opportunity to be inspired. She works in tattoo parlors, concert stores, "hot bed" where she does art installations, graphics, photo shoots and works with designers.

"It's nice to be learning from such a big someone because then I can take what they're doing on such a huge level and use it on my small level."

Armstrong tends to wear her designs more often. Then not, and is conflicted with her own wardrobe.

"I don't think it's a bad deal, the way you get dressed in the morning. Sometimes I leave my house and I'm like, 'What the heck am I doing?' This looks okay, but then I'm like, 'I'll be home in an hour and then I'll change.'"

"It's only a few hours that you're wearing that outfit so it's just a day — wear it once, wear it twice, wear everything together it's all about confidence."



Sara Armstrong poses near the City Square Plaza where Saskatchewan Fashion Week was held in Regina. qp PHOTO BY ANASTAS BELL

- 1. TQQUE** "I never thought every day 'tuesday'."
- 2. HAIR** "I died it myself with vegetable dye. I came home and my stylist, who I have gone to since I was 16, and of food it. It's like Quatre from Runners."
- 3. SUNGLASSES** From a thrift store.
- 4. EARRINGS** Topshop.
- 5. JACKET** Her own design made in a U of R costume class and inspired by Michael Jackson.
- 6. BRACELETS** Her dog's high school ID bracelets. "I saw Mervyn and sign class of '79 on the back" and a beaded the eddy bracelet she made for herself and her family for Christmas. ("Comedian and artist together mean unity").
- 7. TATTOO** One of 13 she has among them a several needle and her family's scabs of arms. "This is my newest piece and it's a snake and it's really dedicated to my life's work... My hands are everything. I put gratitude on my wrist because without those suckers I'd be unemployed."
- 8. BAG** American Apparel. "It was a very brown black, gray, it's a widely neutral colour."
- 9. SKIRT** Her own design. "In my mind I'm a girl that wears kind of utilitarian feel. I love the mid 1900s, the period that that's below the knee. It always looks really sharp with a miniskirt."
- 10. BOOTS** Urban Outfitters. "My mom told me not to wear these boots and I did anyway. It kind of a more relaxed feel. There on some real socks or something and you've got daytime."

INVENTORY

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SIMPLY IDEAL WEIGHT LOSS AND WELLNESS CENTRE

Adelle Bonine's experience with Simply Ideal Protein was so life-changing, she wanted to share it. Over two years ago, the longtime teacher quit her job and opened Simply Ideal. The small centre sells products to help men and women lose weight, improve their energy and lose fat, and sugar. Simply Ideal is open Monday to Saturday at 2706A, Aventura Dr. A second location at 2515, Regatta Dr. is open by appointment; call 326-157-6433.

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MUSIC

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REGINA RAPPER

Smith animated in hip-hop debut

By Ashley Martin

The Cederella theme song is probably not the first thing you'd expect to hear on a hip-hop mixtape, but it fits well in Phil Smith's rap, *Wet*.

"It dream is a wish your heart makes" opens the song, which name-drops 30 songs. *Wet* is a throwback.

"What I like about it is it's relatable about all of us growing up watching Disney forever," said the 20-year-old Regina rapper. "So I made a joke about Gustin, you would know who that is from *Beauty and the Beast*."

Between watching Disney films — The Lion King was his favourite — but doesn't make the lyrical cut — Smith had lessons in music from growing up in a musical family.

His dad had a gospel quartet in Niagara, which gave him an insight into songwriting. He started rapping in high school, but that fell by the wayside once he moved to Regina and started playing in bands.

A former drummer in old-rock band the Fortunate Isles, Smith picked up rapping again last fall and hasn't stopped since.

His debut mixtape presents a strong '80s influence (Eminem was his favourite growing up) and some comedy elements due to his standup comedy background, mixed with beats from the likes of Prince, Dr. Dre and DJ Premier. He's open to sampling anything there anywhere, a likely byproduct of growing up in Saskatchewan.

"We can listen to south music, New York music, L.A. rap, and not have to be plagued with any of them per se and in a way cherry-pick our favourite parts," said Smith. "Coming out of nowhere, which is re-

ally what rapping from Saskatchewan is, is an advantage because you can borrow from everything you're free to like everything just based on your taste."

"Though his taste may be broad," his content is pretty focused. He's trying to represent Regina in his lyrics.

"I'll mention Uptown on the south end, Orlimelon's that kind of stuff," said Smith. "I try to keep it very much what I've lived through."

He avoids "panda person" posturing because it's not as realistic to his life.

"I'm not saying something like 'I'll show you if you're in my club' or whatever because it's not true at all. I wouldn't shoot anybody. I don't have guns. But I do drink a lot... I do live in Regina. I can talk about these things and I feel like life more legit, it's more real."

Apart from writing what he knows, representing his city is important on another level. He feels that, in trying to appeal to a mass audience, some other local artists are missing the mark. "I'm playing shows in Regina, so I might as well be making music for Regina."

The freedom to write about whatever he wants is something Smith missed while playing in bands.

"It's hard to [put your foot down] when you have three other creative minds working with you because everyone has an idea," he said. "I pick my own beats, I choose my own words. It's just more conducive to what I want to do."

Smith's next year plan includes creating an original album, collaborating with local beatmakers and working on more mixtapes. You can catch him May 30-31 p.m., at the Arctic Lodge in Regina.



Rapper Phil Smith's debut mixtape presents a strong '80s influence and candid references. QC PHOTO BY DENISE ADAMS/LEADERPOST

CITY FACES

PAGAN CONNECTIONS

Donna Kruger: a witch at work

By Ashley Martin

Donna Kruger doesn't have a flying broomstick, and she can't turn a man into a toad. Real-life witchcraft is not the stuff you see on TV.

"I haven't encountered it, and most other people have, so I don't want to debunk it... but the movies and TV shows that portray that stereotype. I think they're pretty far off the mark," said Kruger.

"I've been to see the lighted and Ray show and that was pretty magical," she added, laughing.

Kruger, who opened a witch supply store The Brown Closet in February, didn't discover witch until she was well into her 30s, when she

found an introductory book by Scott Cunningham.

"I really opened my eyes and I thought, 'Wig, this is me. And so here goes on the kind of evolved.'"

The influence might have started 20 years earlier, though. Looking back, Kruger remembers visiting her grandfather's basement near Mistaham.

Many parents grow herbs in their backyards and would forgo in the woods for others.

"I remember her... picking out cubes to make tea with for me, and me. And if the crop wasn't good that year it was because somebody had given an evil eye or a hex."

Kruger recalls her grandfather

strapping himself when she'd visit on these things.

Kruger's practice has evolved since the beginning when she was strictly witches, following the rule "as it is, so it is." She realized there has to be a balance between light and dark.

"I'm not doing throwing a hex on somebody," she said.

Witchcraft is a lot like yoga with props. Casting a spell is a way to request help from the deities of which there are too many to count. (Unlike the three-eyed goddess and Kouroun the horned god she Kruger's standards.)

Candles and stones and the process because "everything on this planet has an energy."



Opening The Brown Closet helped Donna Kruger connect with the pagan community for health, wellness, and spirituality.

Julie Glickstein, owner
Cuppa Y
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He was so excited when he came in the door and then he looked around and you could just see him deflate. I think he was maybe expecting the entry to Hogwarts — Donna Kruger



Donna Kruger and her husband Bill Kruger smile in the backroom of their store. go.heraldnews.com/2013/05/22/kruger

Kruger casts spells — many of which are found in an encyclopedia and others that she writes herself — to improve her own life and those of her loved ones.

Two decades into her practice, Kruger fulfilled her dream of opening a witch supply shop, selling her father sitting in the hospital, prompted her to go for it. “That year was, for me, the whole life working hard and this is what it’s ended up.”

She quit her longtime job at Canadian Tire and with the support of her husband Bill, Kruger is now able to spend her retirement years doing something she absolutely loves.

She sells herbs under the name you did find in a grocery store (mushrooms, leeks and garlic are not among them). Strains of gold and goldfishes, trout mums, crystal balls, spell kits and others line the shelves of the small shop. Among all the arcane stuff is a sign that says “Witch Parking Only.”

“There’s no stigma, why witchcraft can’t be fun, because it’s not all dark and spooky and spooky and eye of newt and toe of frog,” said Kruger, who does not carry the letter two

store in store.

Though she does stock magic, The Broom Closet is not to be confused with a Harry Potter shop, as one young customer recently learned.

“He was so excited when he came in the door and then he looked around and you could just see him deflate,” said Kruger. “I think he was maybe expecting the entry to Hogwarts.”

Otherwise, she has met with lots of curiosity and many positive responses.

Growing the store has opened her up to the larger pagan community she was not sure of as a solitary practitioner.

“They don’t think I’m weird and scary and this baby got women who’s just going off the deep end, a little meagan happening.”

“It’s something I really really believe, that I do have magic, and being able to open my store was a dream come true,” said Kruger.

Her goal is to give more locally sourced, in-territory.

“I kind of want to do the 10,000 Villages for pagans.”

The Broom Closet is located at 406 Dewdney Ave. S.

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ROUGHRIDER TO ROUGH RIDER REGIMENTAL 'DINING IN'



Green was the only colour at the Rough Rider to Rough Rider Regimental Dining In on May 14. There was plenty of red serge to be seen in the crowd too.

The RCMP and Saskatoon's CIL team share a nickname and a history. When the North-West Mounted Police was formed in 1873, members were nicknamed Rough Riders because they rode horses on patrol. In 1883, Reginald's first organized rugby team was made up almost entirely of NWMP members. In 1910, when the Regina Rugby Club formed, many of the players were members of the Royal NWMP; the club adopted the name Regina Rough Riders in 1924.

The 10s people at the dinner were entertained by an RCMP fiddler and the Saskatoon Rough Riders pop band. The event was a fundraiser for the RCMP Heritage Centre. Saskatoon Rough Riders CEO Jim Hession was one of the hosts.



1. The Saskatoon Rough Riders Pop Band (played as people entered)
2. Riders head coach Corey Chalmers and assistant commissioner/room monitoring officer P. Desrosiers (left)
3. Crystal Perreault and Jody Nelson
4. Staff Sgt. Maj. Mark Johnson and Heritage Centre CEO Al Heikinen
5. Berta MacDonald
6. Riders CEO Jim Hession

QC PHOTOS BY
 BRYAN SCHLOSSER



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OUTSIDE THE LINES

Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to QKidsleaderpost.com by Monday at 9 a.m. One winner will be chosen each week.



Last week's contest winner is Kendall Hemberton. Thanks to everyone who submitted entries.



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benny
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READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

SHANE WOLFFE

How to Future Proof Your Home

I grew up in a regular middle class home in Prince Albert that was built in 1950 and purchased one year later by my parents. As a child, I was often sick with respiratory problems. Since then, I learned that one of the reasons I spent a good part of my life sick was because corners were cut during the building of my parental home. My bedroom wasn't well insulated, and this not only caused the room to be colder than necessary but it led to mould and costly repairs.

Thirty years later as a professional engineer who works with green buildings, I know that these types of problems not only cause problems for

human health, but they greatly affect the comfort and energy efficiency of buildings. I do not want to see such mistakes in the world.

Things happen to other people during their time of mass new growth in our province.

While many may see this book as an opportunity to see how to save money on energy, it can also be an opportunity to shape the economic health and well-being of our population in the present and the future generations. As we grow so rapidly, we have the potential

to literally build ourselves out of the energy hole that we have created. All it takes is the right mindset to dig ourselves deeper into that hole, creating further dependence on increasingly

expensive, non-renewable resources.

The good news is that even though Saskatchewan has one of the least efficient climates in the world, if you understand the principles of energy efficiency you can build (or even renovate) a home to use up to 85 per cent less energy and it doesn't have to be expensive or difficult. Even more surprising is that these principles were pioneered in Saskatchewan in the late 1960s yet they are still not widely practiced here. This combined with a general lack of an energy code, our extreme climate, our dispersed population and our extensive industry are the reasons that Saskatchewan has the highest carbon footprint per capita in Canada, and hence one of the highest in the world.

My goal in writing this book is that people can take ownership of what they have control over and demand that these principles be implemented in their homes by their designers and contractors so that we can stop putting hard hats on our energy problems. Ultimately we could stop subsidizing the fossil fuel industry and instead build a personal solution to climate change while also increasing our comfort and safety while increasing the value of what are our biggest assets – namely our homes.

To learn more, get involved or order the book, visit www.FutureProofMyBuilding.com.

Paperback copies are also available at Turning the Tide and McNaughton Bookstore in Regina.

A GUIDE TO IMPROVING YOUR ENERGY EFFICIENCY IN THIS CLIMATE – MAY 1

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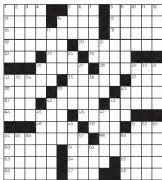
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NEW YORK TIMES *Edited by Will Shortz*

- ACROSS**
- 1 "His bag is not..."
5 _____
9 Injuries in statistics
13 A translation of Gorb
Krylov's
14 Apple's C
15 Restaurant bearing
the coat of arms of
France's
Charles IX
16 One technique
17 Pen pal?
18 Ruffin
19 _____
22 Self-memoir in C
23 Quick refreshment
25 Apostol's reflex
26 French order
27 _____
32 Denial of "Baptism"
33 "_____" (looking)
37 Earthy exp.
38 Live theatrical
enhancement practice
39 Another's
40 Shrew's initiation
42 _____ of warred life
43 Name of "The Noble
Maid"
44 Baseball in America
45 Try to see the world?
46 Early 19th-century
play



- DOWN**
- 2 Layer with the 1965
hit "Sukie's List"
3 One way to see in
English
4 Re-exposed "Star Wars"
director
5 First Cuban novel?
6 Midway between "The
Tales"
7 Joe _____, George
(popular author and
Web site)
8 Mathematician
9 Insults
10 "Square Before"
"MAGNIFICENT" as the
William and Mary
period?
11 Turn state's evidence
12 Kind of colony
17 First part of a form to
fill out
18 Inducement
19 Inducement for
New Orleans
20 Water
21 Manned Thakker's
public name
22 U.S.S.
(WWII battleship)
23 "I'm really sorry"
24 Name of Boris
25 Catchphrase in
"Beverly Hills Cop"
26 Actor who made
the film "Dead in
Bedroom"
27 American actor
28 "April Thaw" writer
40 Knap vases
41 Tricked down
42 Spoken, in evidence
43 One going sailing in
the third class
47 "Not" verb
48 Use some videos
49 Indicate expected
50 Denial
51 Doesn't make out in
the end
52 "Not" leader
53 Not in candle
54 Fast peak
55 Gender
56 "Far is best" exp.
62 Smoker

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Level: Bronze

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using numbers 1 to 9.
Each number can appear
only once in each
row, column and 3x3
block. Use logic and
process of elimination
to solve the puzzle.

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(easiest) to Silver
(easier) to Gold (hardest).



Solution to the
crossword puzzle and
the Sudoku can be
found on Page 25.

SHARP EATS

See a food trend you think deserves a highlight? Email cp@leaderpost.com or visit us on Facebook

#COFFEE SHOPS

Independent shops blossom in province

By Jenn Sharp

If there's one thing that defines many Saskatchewanans, it's a shared love for coffee.

Tim Hortons can now be found in most neighbourhoods in both Regina and Regina Region. Just 20 locations. Saskatoon 35. Weyburn, a bedroom community north of Saskatoon, even has a Tim Hortons, as does White City east of Regina.

I've always been amazed at the lines of cars that snake through the parking lot and down the street while people wait for their morning cuppa. Wouldn't it be faster to buy the beans and make your own? "Timmy's is better!" I don't drink coffee but I'm told it doesn't taste the same without the paper cup and full fat cream.

Despite the overwhelming popularity Tim's franchises enjoy independently owned and operated coffee shops are popping up like croissants in the springtime in both cities. And just as Tim Hortons has discovered, it's advantageous from a business perspective to sell more than just coffee and baked goods.

d'ush by Yana opened in Saskatoon earlier this year at 100A, 10th St. E in a spot also called the "Tim" because Street Triangle Formerly known as the Pacific Gallery Fine Art Cafe, the space is absolutely gorgeous. The atmosphere of a coffee shop is almost as important as the coffee itself. Welcoming and cozy, it opens up into a sky blue sitting room floored by large windows. Loosely art, that's available for purchase, fills the walls.

Handmade mugs, ceramic jars and cakes line the front counter while a bright chandelier hangs from the ceiling and daily soap fills the small, but creative, hand-drawn and hand-painted, and is reasonably priced. A unique choice is the Blue van Bueren, a terrible wrap with scrambled eggs, beans, red peppers, cheese, sour cream and pico de gallo (jalapeño).

The coffee here is Kidzong House,



A perfect way to end a stroll along the South Saskatchewan River in London Park and Decadent chocolate at d'ush by Tim Caffe in Saskatoon. CP PHOTO BY KIM KILLICK 1988

an organic Fair Trade product owned by a company in Vancouver, B.C. The coffee cake is homemade and richly delicious, as I discovered as a recent visit.

Brewed Awakening at 1115 Woodburn Dr. in Regina is another great little spot that fills up quickly near the north house. The owner is decidedly more modern and a bit stricter when compared to d'ush but a central fireplace and comfy chairs will make it tempting. It's located in a new strip mall on the east side of the city so it's hard to arrive just for the character and charm d'ush is building offers.

For a coffee shop, Brewed Awakening offers a big menu of food and drink options. Along with wraps, salads, homemade cakes and baking

(the pulled wheat cake is legendary), there's also an extensive gluten-free menu. The specialty coffee menu even lists a desert menu with items like The White Chocolate Biscotti and a Peach Mirra Latte.

What's unique about this shop though is the seasonal it's branched out into other offerings. If you're in the mood to buy a keepsake or jewelry from an artisan in India, you've come to the right place for an afternoon coffee.

And here was the coffee you said "Berry I don't know. But I can tell you the Chai Latte was terrific, with the perfect amount of sweetness and in fact space. The service at both shops was delightful, enough to have me coming back and amusing the lines at the Tim Hortons drive thru.



Coffee at Brewed Awakening is a beautiful experience. Pictured here are Chai Latte and Berry I don't know. CP PHOTO BY KIM KILLICK 1988

EVENTS

MUSIC

Thursday, May 23

Cathedral Village Arts Festival

5:30 p.m. — Hello, Lady
6:30 p.m. — Slim City Pickers
7:30 p.m. — Railway Luvly
Holy Rosary Park Stage, Garnet Street and 14th Avenue

9 p.m. — Flanoko Tremblay
10 p.m. — Dr. Bird and Blue Bird
Cathedral Neighbourhood Centre, 2900 13th Ave.

The Local Only:

10:45 p.m., Cat 13, Subnet
The Arteskie, 2627 15th Ave.

Sleazy Computers and Two Rats

McNally's Tavern
2226 Dewdney Ave.

Julia McDougall and Luke Lathfield

The Club at The Exchange,
2421 8th Ave.

Foxes Worthies

The Pump Roadhouse
641 Victoria Ave. E.

Friday, May 24

Cathedral Village Arts Festival

5:30 p.m. — Ryan Hicks Band
6:30 p.m. — Poor Nameless Boy
7:30 p.m. — Time Pincos
Holy Rosary Park Stage, Garnet Street and 14th Avenue

9 p.m. — The Gates of Dawn
10:15 p.m. — Lonesome Whiskers
St. Mary's Church, 3337 18th Ave.

9 p.m. — Jostal Rush
10 p.m. — Resounding Dances
11 p.m. — Rabal Hires
Cathedral Neighbourhood Centre, 2900 13th Ave.

Carnival Corps, Napaïin
Death, Immigration, Beyond
Creation
U of R Hillside Centre

Pavlov Trio

The Sp.306 Albert St.

Tinsel Trees with White Wren

Artful Dodger, 1631 11th Ave.

Fogdog

Orchardians, 1947 South St.

Foxes Worthies

The Pump Roadhouse
641 Victoria Ave. E.

Slew Motion Welter

McNally's Tavern
2226 Dewdney Ave.

Big Chill: Prekay

Musik Boyz Festival
The Lancaster Taphouse
4529 Gordon Rd.

Lies, Lies, the Mendigors,
Engle Choi, Gillenwater,
Cry, Me and My Anatomy
The Exchange, 2421 8th Ave.

Saturday, May 25

Cathedral Village Arts Festival

10 a.m. — Valeris Hall
Noon — Regina Ladies Choir
2 p.m. — One Youngun
4 p.m. — It's Enuff
Westminster Church, 3025 13th Ave.

10:40 a.m. — Pie O' Bones
Brass Band
12:40 p.m. — Bob King
1:15 p.m. — Conservatory Strings
2 p.m. — Jay Triller
2:35 p.m. — Drumming for Growth
3 p.m. — TBA.

3:40 p.m. — Tinsel Vibes/Guns
5:30 a.m. — Glenn Sutter
6:30 p.m. — The McCarbels
7:30 p.m. — Jeffery Skeler
Holy Rosary Park Stage, Garnet Street and 14th Avenue

11 p.m. — Burns & Mearns
12 p.m. — Tyler Gilbert
3 p.m. — Fortunate Ladies
4 p.m. — Baker River
5 p.m. — Ben Winskel/Project
11 p.m. — Ardino Sans
Cathedral Neighbourhood Centre, 2900 13th Ave.



Pie O' Bones Cindy Gibbs Notting' boot in Saturday. PIA PHOTO BY MICHAEL HALL

9 p.m. — Grain Report
10 p.m. — Plunder Corn
11 p.m. — Coldest Night of the Year
The Arteskie, 2627 15th Ave.

9 p.m. — Welter McLean
10:30 p.m. — The Lady Mitz
and the 13th Avenue Strips
St. Mary's Church, 3337 18th Ave.

Cathedral Festival wrap party

Featuring the Empire Assistants and Whiteley film
8:30 p.m., The Mercury, 2398 12th Ave.

Mercies of Conway Twitty
starring Michael and The Twitty

Casino Regina Show Lounge
1880 Saskatchewan Dr.

Slew Motion Welter
McNally's Tavern
2226 Dewdney Ave.

Pavlov Trio
The Sp.306 Albert St.

Foxes Worthies
The Pump Roadhouse
641 Victoria Ave. E.

Young Esmeralda with Indigo Joseph
Artful Dodger, 1631 11th Ave.

Sunday, May 26

Slew Motion Welter
McNally's Tavern

2226 Dewdney Ave.

Monday, May 27

Monday Night Jazz & Blues
Updown Jazz
Saxophone, 2206 Dewdney

Margaret Schuler & Family
Twelve
Monthly Old Time Games Party
Casino Regina Show Lounge
1880 Saskatchewan Dr.

Chains of Love, the Florals
The Exchange, 2421 8th Ave.

Open Mic Night

Artful Dodger, 1631 11th Ave.

Tuesday, May 28

Tuesday Night Troubadour

jam night

Every Tuesday, 8 p.m.
Saxophone, 2027 Park St.

The Gates of Dawn

Orchardians, 1947 South St.

Wednesday, May 29

Lynn Jackson

Creative City Centre
1543 Hamilton St.

Wednesday Night Folk: Souls in Rhythms

Saxophone, 2206 Dewdney

The Milkman's Sons
Kitchener Society of Saskatchewan
Fundraising
7:30 p.m., McNally's Tavern
2226 Dewdney Ave.

Jam Night

Every Wednesday

McNally's Tavern
2226 Dewdney Ave.

Garry and the Peacemakers

Casino Regina Show Lounge
1880 Saskatchewan Dr.

Lifeline, Hollow Between
the Hills and a Home

The Exchange, 2421 8th Ave.

Phonies

7:30 p.m., The Artful Dodger
1631 11th Ave.

EVENTS

ART

Lamprophyl Love Contest
Basecamp
 Thursday, May 23, 7 p.m.
 Paper Umbrella, 2736 130 Ave.

Spend: Camella Lagasse
 UNTL June 23
 885, Sherwood Village Gallery,
 621 Rochdale Blvd.

Hudson: in Print
 Featuring work by Jack Cowin,
 Joe Faffard and David Thau-
 berger
 UNTL June 1, Slide Fine Art Gal-
 lery, 3078 Halton St.

**Michael Hesakoff: Arts of
 Chaos**
 UNTL June 15, Art Gallery of Ha-
 pelia, 2420 Eighth Avenue St.

Lupen's Thoughts
 Collage Art Show
 UNTL June 23, Van Contemporary
 Art Gallery, 1621 18th Ave.

**The Power of Music: Sustain-
 ability and the Junco**
 UNTL July 21, Royal Saskatchewan
 Museum, 2424 Albert St.

The Artistic of Scott McPherson
 UNTL Aug. 16, Regina Centre
 Drawing, 1621 18th Ave.

**How We Filled the Vault: 60
 Years of Collecting at the
 MacKenzie Art Gallery**
 UNTL Sept. 3, MacKenzie Art
 Gallery, 2476 Albert St.

**Greatest Hits: The Junco Year
 of Canadian Art**
 UNTL Nov. 24, MacKenzie Art
 Gallery, 2476 Albert St.

Asahioka Gallery
 2246 Smith St.
 Open Tues. 10 a.m. - 10 p.m.,
 Wed. 10 a.m. - 5 p.m.

Myrtica Gallery
 2706 13th Ave., Open Tuesday
 to Saturday, 11 a.m. - 5:30 p.m.

Neurotic Gro Gro
 #303-1595 Scarsdale St.
 Open Tues. to Sat., 11 a.m. - 5 p.m.



The Avrovo Sorensen playing Salsolito during the Cathedral Village Arts Festival. JENNIFER HARRIS

Nouveau Gallery
 2345 Albert St.
 Open Tuesday to Saturday, 10
 a.m. - 5 p.m.

THEATRE

The Big Bang Theory
 UNTL June 1, Aphrodite Dinner
 Theatre, 1973 Broad St.

The Grosse Chaparems
 UNTL June 9
 Globe Theatre, 1661 South St.

LITERATURE

Get Lit Cabaret:
 The Festival Keweenaw Magazine,
 Tina Dawn Solberg, the
 Regina, Slim Toon, Melanie
 Schreier and many others, and
 music by the Local Only
 Thursday, May 23, 7 p.m.
 The Artesian, 2627 13th Ave.

**Cathedral Village Arts Festi-
 val Literary Tour**
 11 a.m. - 12:30 p.m.
 Noon - Anne McDonald

12:30 p.m. - Jane Mitchell
 1 p.m. - Joyce Whyte
 1:30 p.m. - Randy Lundy
 2 p.m. - Lynn Glicks
 2:30 p.m. - Lesley Gosses
 3 p.m. - Cassidy McAdams
 3:30 p.m. - Sandra Hastings
 4 p.m. - Coby Stephenson

**Saturday May 25, 11 a.m. - 5:30
 p.m., 18th Avenue and Det-
 lock Street**

COMEDY

Pass The Hat
 Friday May 24, 9 p.m.
 The Club at the Exchange
 2421 8th Ave.

Comedy Grind
 Every Saturday night
 Galtbros, 2334 Dewdney Ave.

**Stand Up For Creative Kids
 Fundraiser**
 Featuring: Hara Khan, Boris
 Bernick, Kaye and more
 Sunday, May 26, 6:00 p.m.
 The Owl, University of Regina
 Riddell Centre

SPECIAL EVENTS

**Regina AAA Spring Hockey
 Classic**
 May 23-26, The Co-Operative
 Centre, Expo Place

Regina Timoriser
 Volunteer Fair and art auction
 Thursday, May 23, 7 p.m.
 Casino Regina Show Lounge,
 2640 Saskatchewan Dr.

**Unleash us in northern
 Saskatchewan**

**Presentation by Aeneas Irvine
 and Thomas Benzky**
 Thursday, May 23, 7 p.m.
 U of R Education Building
 room 181

Serving Under the Skins
 Short film screening, no mi-
 norans allowed
 Friday, May 24, 8 p.m.
 The Artesian, 2627 13th Ave.

Regina Farmers' Market
 Every Wednesday and Satur-
 day, 9 a.m. - 4 p.m.
 City Square Plaza, downtown

RHS Annual Plant Sale
 The Regina Horticultural So-
 ciety will be selling annuals and
 perennials.
 Saturday May 25, 9 a.m. - 4 p.m.
 Golden Mile Shopping Centre

**Cathedral Village Arts Festi-
 val Street Pot**
 Saturday, May 25, 10 a.m. - 5
 p.m., 13th Avenue, between
 Angus and 4th streets

**RCMP Heritage Centre an-
 niversary**
 Saturday, May 25, 1-4 p.m.
 RCMP Heritage Centre, 2607
 Dewdney Ave.

**Hope's Home RCMP Regi-
 mental Charity Ball**
 Saturday, May 25, 5-10 p.m.
 RCMP Depot Division Drill Hall,

2607 Dewdney Ave.

WWE Smack Down
 Saturday, May 25, 7 p.m.
 Grand Centre, Expo Place

**Pile O' Bones Derby Club
 roller derby**
 Saturday, May 25, 7 p.m.
 Collin Curling Club, 2225 Sas-
 katchewan Way

Charity Car Show
 Hosted by the Collectors Car
 Club of Saskatchewan
 Sunday, May 26, 11 a.m. - 4:30
 p.m., T.C. Douglas building,
 2475 Albert St.

**2013 City of Regina Writing
 Award Recipients**
 Tuesday, May 28, 7:30 p.m.
 Travelodge Hotel, 4777 Albert St.
 2nd floor

**Disappointed Canadian
 Award Dinner**
 First night of April Awards
 Tuesday, May 28, 5:30 p.m.
 Delta Hotel, 1919 Saskatchewan
 Dr.

NEW MOVIES

Fast and Furious 6
 Action

Since Dom (Vin Diesel) and
 Brian's (Paul Walker) Rio
 heist left their crew with \$50

million, they have scattered
 across the globe. But liv-
 ing on the lam has left their
 lives incomplete. Meanwhile,
 Hobbs (Dwayne Johnson) has
 been tracking an organization
 of lethally skilled mercenary
 drivers. The only way to stop
 the criminal empire is to sub-
 match them at street level, so
 Hobbs asks Dom to assemble
 his alpha team in London. Their
 reward would be a full pardon.

Erle
 Action/Thriller
 Mace Katharine's (voice of
 Amanda Seyfried) father trails
 into the woods for hours
 to survey a 200-ft of war-torn
 One day, when he does not
 return, this young girl sets out
 to find her father. She is sud-
 denly shrank down in size and
 stumbles upon the remains
 her father has been studying.
 She must find her way home
 and avoid her new friends in a
 war against the evil Reppels.

The Hangover 3
 Comedy
 Although there's no bachelor
 party, the wedding still man-
 ages to get into trouble. They
 help Alan (Zach Galifianakis)
 escape from a mental institu-
 tion before hitting the road for
 a crazy adventure.

Galaxy Cinema
 424 McCarthy Blvd. N.
 306-522-7056

Cineplex Odeon
 2000 Centre Mall, 2025 Gordon
 Rd. 306-565-3363

Regina Public Library Theatre
 2318 12th Ave., 306-777-6104

Kramer Inn
 2903 Powerhouse Dr.
 306-522-4629

Rainbow Cinema
 Golden Mile Shopping Centre
 2405 Albert St., 306-399-5250

Pandora Cinema
 1511 Doncaster Rd. N.
 306-758-7588

ASK ELLIE

Friends may not like the 'drama' of messy breakup

Q I broke up with my first love after dating him for two years. It was really messy. I had ended a lot of friendships with those people who had problems with him and ended up having huge distrust about him being with different girls.

He's a charmer, whereas I have a strong, no-nonsense personality. Even though the breakup was his fault, all of his friends chopped him up to me. It's because he's always crying about me, yet contradicting himself by having flings.

I have become antisocial, sitting at home depressed, because people who used to be my friends have cut me out, but they still talk to him.

I broke up with him because he doesn't know how to be loyal and I feel heartbroken that his friends show him loyalty but none of my friends can support me. How can I get over this problem?

Left Behind By All

A Too much re-bashing of who did what to whom, and expecting friends to stay connected to your

Ask Ellie



saga, is too much drama for some people to follow, especially after it's over. It's not about their being betrayed, it's about you facing reality. He's a charmer, and flings: you rightly broke up with him. Period.

Close friends will be happy to see you get out of the house and start socializing again. Meets small and comfortable... coffee with someone, a meal with another, show that you're trying to move forward. Just because he was your first love doesn't mean he'd be the right one to be your lasting love. He wasn't, and you were wise to dump him.

Q My wife has withdrawn all as-

sets and intimacy. I've tried everything, including talking about her affairs six years ago.

We're separating our 58th wedding anniversary and I don't know what is happening in our marriage. I am becoming desperate. I'm in love with a woman I know many years ago and feeling guilty about it.

Need Help Now

A Long-married couples in senior years can still enjoy flashes of intimacy at whatever level works for them. Just your raking up of her long ago affair suggests you either never got over it or you believe it's still affecting her.

Moreover, your mention of re-start with another woman is a common threat that some people raise in these situations... but it's a tactic that often backfires.

Stop with the immediate problem, which is your wife trying to tell you something and you're not finding out what it is. (Liable loss? Health scare? Mood change? Anger?)

If it's intimacy you want, you need

to show love and concern about what's motivating her. Perhaps she's afraid to tell you, or doesn't know herself why she's feeling this way. Suggest a medical checkup to make sure there's no health problem at issue.

And talk to her... about sharing these next years in a loving way.

Q My brother-in-law loves my sister but has a longer history; they argued and he stopped her in front of me.

I'd raised my sister after our parents died. Though he later spoke gently to us both when I see him, anger explodes within me. I control myself because I don't want to interfere in her married life. But I feel like making him understand how it feels to get threatened.

Upset Brother

A Interfere in a rational way. Tell him privately that if he hates her again, you'll report his choice to go her way — for his marriage's sake — that he get anger management counselling.

Q Since acting as executor of my mother's estate, a huge amount of backstabbing, gossip, and fighting has emerged.

I'm the oldest of six, appointed by my parents years ago. After the final estate distribution was received from the lawyers, the main issue (for some siblings) was the amount of executor's fees. I'd receive plus the amount of the legal bill, which did seem excessive. I'm being blamed for accepting these fees.

Family Nuisance

A Legacy money often divides family trust, especially if anyone inherits more. Thus, anyone designated "executor" of a will needs to be alert to potential perceived unfairness. It's best to be transparent throughout the process and let others witness how the amount of fees is set, and the overall rules for this effort.

Lawyers' fees should be discussed ahead of time if they're in accord with the norms. If unreasonably high, a complaint can be made to the Law Society for your area.



Next week in

QC

Starla Grebinski makes reading a culture at Sacred Heart School

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